



PLANT FACT SHEET

Hedychium coronarium K. D. Koenig

GENUS *Hedychium* **FAMILY** Zingiberaceae

COMMON NAMES Butterfly ginger, White ginger lily

EDIBLE PARTS AND USES

Edible parts: Flowers - flavouring, Tubers, Rhizomes, Root, Shoots

The young rhizomes and soft shoots are cooked and eaten as a vegetable. They are blanched and served with chili sauce.

The flowers are cooked and eaten as a vegetable. They are usually stewed or stir fried.

DESCRIPTION

An upright herb in the ginger family. It can be 3 m tall and spread to 1 m across. It has rhizomes under the ground. The leaves do not have stalks. The leaves are long pointed and sword shaped. They can be 20-40 cm long by 4.5-8 cm wide and are mid green in colour. They are downy underneath. The flowers are butterfly like and white. The flowers occur around stalks on the top of the plant. These flower clusters can be 10-20 cm long by 4-8 cm wide. There are 2-3 flowers and they have a sweet smell.

HABITAT

A tropical plant. It suits moist and dry seasonal climates. It needs fertile, humus-rich, well-drained soil. It needs morning sun or bright shade. It grows in forests and is also cultivated in S China. It grows up to 2,500 m above sea level. It is used on the Deccan in India. In Argentina it grows from sea level to 1,200 m above sea level. In Hobart Botanical gardens. It suits hardiness zones 7-12. In Sichuan and Yunnan.

PRODUCTION

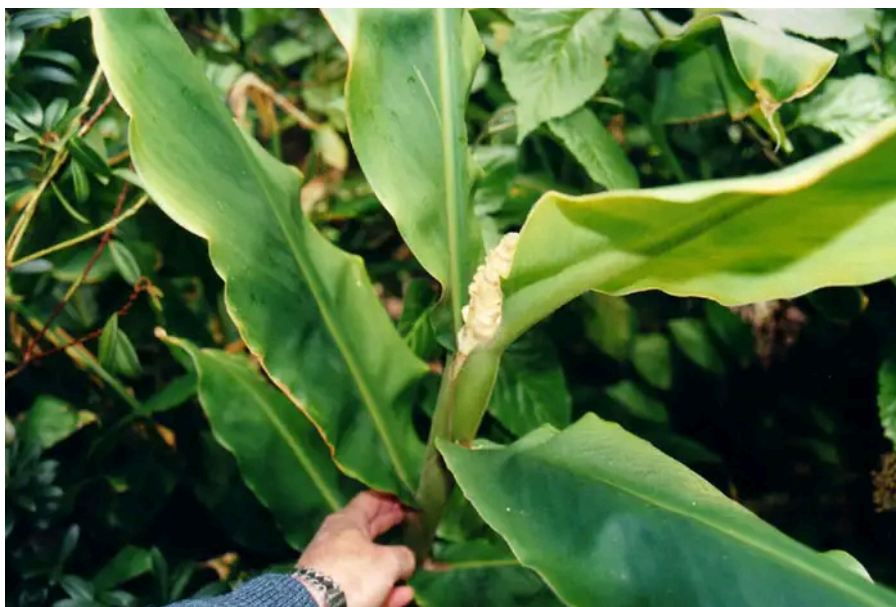
Cultivation

Plants can be grown from seeds, offsets or division of the rhizome.

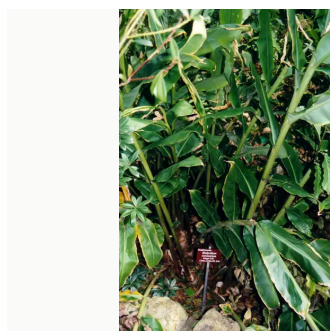
NOTES

There are about 50 *Hedychium* species. It is also grown as an ornamental and for medicine. It can be invasive.

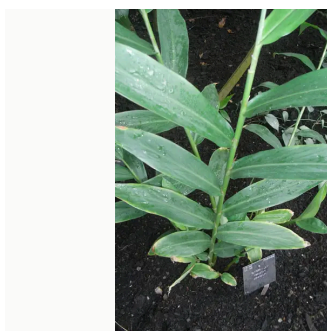
PICTURES



Credit: Food Plants International (Bruce French)



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